

NEED GEAR? CONDOMS? SUPPORT?

The NESI team distributes kits for safer rock smoking, rigs, and all the stuff that goes with them! We also have supplies for safer sex, and provide support and referrals to services.

Here's how to reach us...

NESI Drop In!

Times: **Mondays 9am-12 / 1-4pm**

Tuesdays 9am-12/ 1-4pm

Wednesdays 9am-noon / 1-4pm

Thursdays 1-4pm

Fridays 9am-12 / 1pm-4pm

We're at Somerset West Community Health Centre (corner of Booth and Eccles). Drop-in for support and advocacy in a non-judgmental environment. Chat. Chill out on a couch. Grab some gear. Use a computer. Have a coffee. In a rush? You can also grab a five packs of stems or fits from reception or medical walk-in. Call us! We accept collect calls. **613.238.8210 ext.2246**

the NESI VAN

Just give us a call! **(613)761-0003**

We aim to get to you faster than your dealer.

We're out on the road:

Tuesday's market mornings: 10am to noon

Monday to Saturday: 5pm -11:30pm

Wednesdays: 5pm to 10pm

(Sundays no service)

We're happy to deliver supplies to you anywhere in the greater Ottawa Area. Got rigs to return? Used Pipes? We'll come get'em!

Outreach!

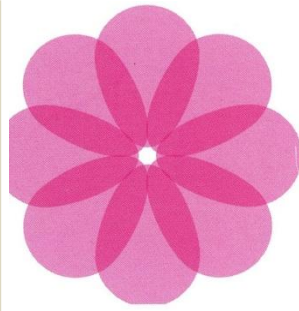
Outreach & Peer workers are out on foot throughout the week in different neighborhoods.

Call our **outreach cells!**

Amy: 613.219.9119

Shannon: 613.290.0363

Stan 613.295.4329



Daisy's

Support, Supplies &
Something to Eat

Fridays
5:30 - 8:30am

1475 Caldwell

Questions? 613-327-0002 or 613-722-4000 x.258

Zen Meditation

Feeling stressed or overwhelmed? Want to learn how to settle the mind?

Join us Every Friday at noon
in the **NESI Drop-in.**

During this time, John & Bobby run a meditation class. Classes are free & all welcome! There will be sitting meditation, walking meditation and a brief talk. Everyone is invited to attend no experience is needed! See you there!

Get the Health Care you need!

Trouble getting the medical support or the health care you need?

Tired of feeling shamed or stigmatized when seeking medical help?

If you live in our our catchment area you can access our Medical Walk-in clinic!

Medical Walk in hours...

Mondays 10am -4:30pm

Tuesdays 10am-7:30pm

Wednesdays 10am-4:30pm

Thursdays 1pm -7:30pm

Fridays 10am-4pm

(You don't need to have a health card to access this great service.)

Take care of yourself!



NESI News

what's cracking?

MAY 2016

Monthly info brought to you by SWCHC's Needle Exchange Safer Inhalation Program

Phase 1 Peer Program

Looking to make a healthy connection with other folks who use drugs? Looking to make some extra cash? Come work with the NESI program! **Every Thursday at 1PM**, our peer program compensates peers for 2 hours of work. Every **2nd Thursday** of the month we do a **Women's only day**. Work ranges from preparing smoking & injection supplies and gear, to workshops and/or gardening! Interested? Call us to find out how to join!

(613)238.8210 ext 2246

Hep C 101 workshop!

ACO, Ottawa Hospital, Regional Viral Hepatitis Program, and Ottawa Public Health invite you to join us for an engaging and informative workshop.

The workshop will explore:

Testing! Tips for supporting folks living with HCV! New treatment and medication options! health system navigation and more!

WHEN?

Friday, 27 May 2016 from 10am to 3pm

WHERE?

Jaguar Room, 100 Constellation Crescent
(space is limited! Register with Caleb at 613.238.5014 ext. 252)

Heads up: Toxic Fentanyl Powder in Ottawa High Overdose Risk

Word on the street is that there's a growing supply of powdered Fentanyl on the streets and a decreasing supply of opiates in our city. Folks have described this supply as very potent and very uneven in purity. The reported powder form of Fentanyl has a much higher toxicity and requires dilution or lower levels of consumption to avoid the potential of overdose....

Overdose Prevention Tips:

Talk to your dealer/other people using about purity and strength
Don't use alone. Avoid mixing drugs and alcohol.
Do a test to check strength.
Take a break between using.
Check the smell, taste and look of your supply.
If you feel sick or unwell, use less!
Overdose risk is higher when you haven't used in 3 or more days
An overdose is a medical emergency, call 9-1-1
What can you do? Get **Naloxone** Training!
Go to the **SITE office 179 Clarence**,
Or call the **SITE Van 613.232.3232**
Help Spread the word. Keep us all in the loop! You could save a life.

NESI is based at Somerset West Community Health Centre, 55 Eccles (Booth & Eccles)

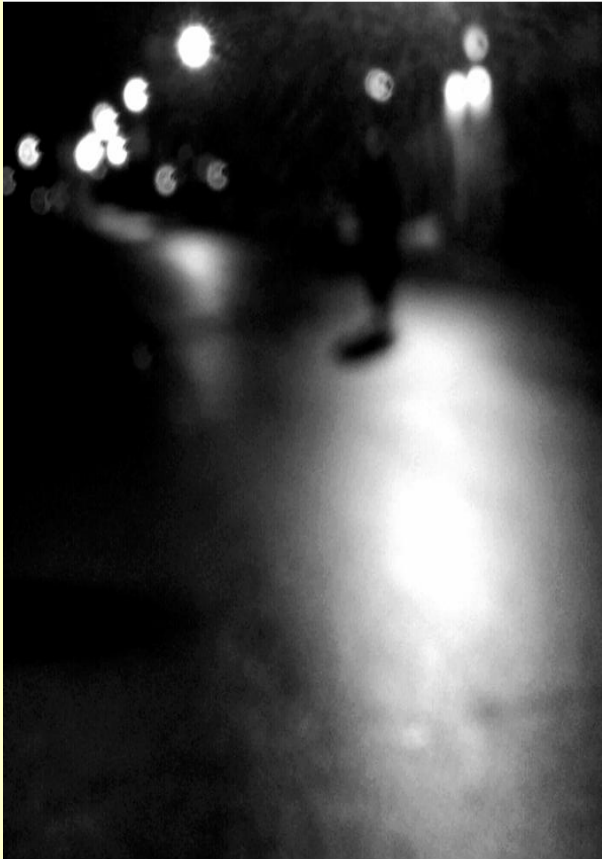
Wanna talk? Looking for Health Care? Need Supplies?

Drop-in (every day 1-4pm), or Call a NESI worker at call 613.238.8210...

Amy (ext 2319) John (ext. 2270) Shannon (ext. 2319) Stan (ext.2392) **Evening/night?** Call the van:

613.761.0003

On the Road
by: 1.1.1.



Drug User Advocacy League

"We are a non-profit collective of active and former drug users and allies who advocate for the human rights of people who use drugs"

Connect with us!

Visit us in person when we offer yummy breakfast!

Every Tuesday **Every Friday**

380 Murray St. 216 Murray St.

9:30am-11:30am 9:30am-11:30am

In the lounge on *Site Nurse Available*
ground floor

Reminder... The Ottawa Panhandler's Union



Panhandling is NOT illegal, yet the police are using the vague definition of the safe streets act to fine and arrest many for illegitimate reasons.

The Ottawa Panhandler Union (OPU) is dedicated to working with Ottawa's street community and other organizations, to give support and aid to those in need.

We were founded in 2003, in response to Ontario's Safe Streets Act and its vague definition of "aggressive panhandling", as well as to address other concerns of Ottawa's street-involved population.

Come to our Meetings...

When? Every second Sunday,
This month? May 8th & 22nd 6pm

Where? Confederation Park

We want to hear from you...

Got something to share in the NESI News? Let us know & we'll give you space to have your ideas and thoughts shared! **Dope related, hope related, or something on your mind!** We are looking for art, poetry, thoughts and rants.

Call or email Stan to submit your piece and we'll include it in next month's Newsletter.

Phone # **613.295.4329** email:

skupfers@swchc.on.ca. We are happy to accommodate keeping your submission anonymous & confidential if that is what you would like to do.

THE 40TH ANNUAL ODAWA TRADITIONAL POW WOW

MAY 28TH & 29TH 2016

NEW LOCATION:

200 MOODIE DR.,
SOUTH OF THE
QUEENSWAY



The Ticket Defence Program

is a pop-up legal clinic run by volunteer lawyers, paralegals, and law students. If you are homeless or street-involved, the TDP offers **FREE** legal advice and/or legal representation if you have been given a ticket(s) by a police officer or OC Transpo officer in Ottawa. Come to our next drop-in session to discuss your options.

Confidentiality Guaranteed.

When?

First Friday of each month from
12:30-2:30pm:

Shepherds of Good Hope
233 Murray Street

Second Friday of each month from
12:30-2:30pm:

Odawa Native Friendship Centre
510 Rideau Street

Third Friday of each month from

12:30-2:30pm:
Centre 507
507 Bank Street

Fourth Friday of each month from

12:30-2:30pm:
Centre 454
454 King Edward Street

Fourth Friday of each month from

2:30-4:30pm:
Salvation Army
171 George Street

The Bike Clinic is Back!

a message from: St. Luke's Table

Need bike repairs? Volunteers from Cycle Salvation are back this summer at St. Luke's! Check them out!

When? Every Tuesday

Get help out with tune-ups, minor repairs, tube patching and any bike questions you may have! See staff at St. Luke's to put your name on the sign up sheet!

Are you a client of Somerset West?



PLEASE COMPLETE OUR QUESTIONNAIRE

WHY:

Health Quality Ontario collects data on access from all family health teams and community health centres.

Thanks

Endocarditis

(a fancy title for infection around your heart)

by: Joanna

Over the month of May, lots of folks who inject were admitted to hospitals for **endocarditis**! Some people attributed this to a bad supply of crack as well as other tainted supplies of down and up. If you find yourself in this situation, don't wait, get your ass to a hospital. Don't want to go? Go with a buddy, or call a NESI worker to help get you there. A visit to the hospital may not be your first choice, but this is a serious illness, for cases like this you need an I.V. drip of antibiotics for a pretty lengthy period of time. If gone on treated, you could die!

What is it?

Bacteria or fungus move through your blood to your heart and attach themselves to the valves of your heart. This can happen quickly- or it can be gradual where symptoms come and go for a while.

A Free Lunch

A poem: Joe Banks

I remember. I remember as a teenager being told " All your time is free".
Well todays lunch is free. It is free ever weekday if you don't mind standing in a line up or eating your meal with maybe another 75 people surrounding you while you put your fork to your mouth.
Pass the salt. Pass the salt please. If not for the salt this afternoon meal would be forgettable. Salt the sister to the pepper.
Some cultures coveted pepper but this afternoon can you please pass the salt. Pass the salt and bless you cause somebody sure needs a lesson in cooking.

Cause:

Injecting pieces of dirt or bacteria. Sometimes we are not sure why- but IDU is the greatest risk for endocarditis. The infection causes build-up on the valves of your heart making it harder for your heart to move blood as your valves start to "leak" which can be heard as a heart murmur.

Signs:

- Fever
- Shortness of breath
- Nightsweats
- Weight loss
- Pale
- Rash
- Changes to the look of your nails that they become rounded "clubbing"

Reduce your risk:

Try to keep dirt away and bacteria out of your hit. Use new supplies EVERY time you inject
Follow the principles of vein care!
Do not keep bloody hits in your syringe for long. Never keep a bloody hit for later use!



POPP

Get trained. Save a life. A naloxone kit could help you prevent a loved one from overdosing on opiates. Many fatal overdoses have already been averted by people who use who carry these kits. Get your free training and Naloxone kit today through Public Health's SITE **Peer Overdose Prevention Program (POPP)**.

How & Where?

Site Office

179 Clarence St.

Mon-Fri 8:30am-4:30pm

Site Van

613.232-3232

Daily 5pm-11:30pm



May 7 | International Harm Reduction Day

On this day, we ask the Canadian government to:

- Repeal Bill C-2 and fully support supervised injection services
- Implement prison-based needle and syringe programs
- Increase access to naloxone kits and training in the community
- Increase access to mental health and trauma-informed care
- Improve access to evidence-based substitution treatment
- Scale-up outreach programs (including peer-based programs)
- Develop a national strategy on poverty and housing

“Harm Reduction = Nursing Campaign” is made up of Nurses across the country:

“Nurses, regardless of where they work, use harm reduction approaches. These approaches recognize the need for risk reduction, health and safety promotion, and prevention of death and disability. They are based on principles intended to treat all individuals with respect, with dignity and in a non-judgmental manner, regardless of their health conditions, their behaviors, and their practices.”

NEJI Dates to Remember..

Weds, May 11th Phase 2 training day Hep C & Harm Reduction

Friday May 13th Men’s Day

Weds. May 18th Movie Day

Thursday, May 19th Women’s Day

May 20th: Peer Meeting

(phase 2, 3 and grads!)

May 23rd – holiday, Centre closed

Looking to move? Can’t find a place? Trouble paying rent? Shitty landlord?

Monica, from **Housing Help** is available for drop-in help at Somerset West Community Health Centre , 55 Eccles, every Friday!

Drop by and get the housing support you deserve! **Fridays 9am-4pm**

Harm Reduction Word Search

T	C	E	C	E	I	P	H	T	U	O	M
C	O	A	L	W	R	O	P	W	U	L	I
R	M	Y	R	Z	V	N	T	E	S	K	C
Q	P	A	E	E	Y	E	B	L	E	R	O
P	A	Y	I	X	B	V	L	P	U	R	N
G	S	C	T	U	C	S	S	Z	R	H	S
N	S	F	L	E	G	O	P	O	O	L	E
I	I	T	J	Z	F	S	N	C	W	M	N
T	O	Q	U	O	C	A	B	D	N	P	T
S	N	T	O	U	N	E	S	I	O	A	K
E	R	D	E	N	T	A	L	D	A	M	S
T	R	E	L	A	E	D	D	O	O	G	S
Y	M	E	T	S	Y	S	Y	D	D	U	B
B	C	R	A	C	K	P	I	P	E	W	P

safety
testing
condoms
dental dams
buddysystem

useurown
crackpipe
compassion
mouthpiece
lube

care
consent
gooddealer
nesi
peers

2016 Census

Complete the census—it’s the law.

The 2016 Census is out! Most people who live in the city, received a code you need to enter online to complete. Not sure how to? Don’t have a computer? No prob! Use a computer at our drop in. Remember, you’re not only legally obligated to fill one out, but the data collected is used to project how many hospitals, schools and other infrastructures we need for our future.